

Muxuu yahay Barnaamijka Baaritaanka Caafimaadka Maskaxda Soconaya (OMH)?

Barnaamijka baaritaanka caafimaadka maskaxda soconaya waxaa loo sameeyay si loogu taageero aqoonsiga lawanaajiyay ee baahooyinka caafimaadka maskaxda iyo si loo helo adeego munaasab ah iyo daliil-kusalaysan caafimaadka maskaxda ee loogu talogalay caruurta/dhallaanka, da'doodu tahay 3-17, meelaynta gurigabidiisa-ah.

Sida qayb kamid ah hawsha baaritaanka, baarayaasha Barnaamijka Baaritaanka Caafimaadka Maskaxda Soconaya waxay dib-u maareeyaa baaritaanada seddexda caafimaadka maskaxda lagu isticmaalay gudaha wareysiga CHET. Baaritaanadaan loogu talogalay daryeel bixiyaha iyo dhallaanka waxaa loogu dhammeeyaa tooska telefoonka waqtii munaasab ah (intiiba ay suurtogaltahay).

Baaritaanada waxaa kamid ah:

- Su'aalaha Da'ooyinka iyo Marxaladaha, Dareen Shucuureedka Bulshada (ASQ-SE) loogu talogalay caruurta da'doodu tahay 3 sanno illaa 66 bilood
- Liis warbixeendka Calaamada Jirada (PSC-17) loogu talogalay caruurta/ dhallaanka da'doodu tahay 66 bilood illaa 17 sanno
- Qiimeyn Gaaban oo Welwelka iyo Jahwareerka Welwelka Jirada-Kadib ah (qalabka jahwareerka) loogu talogalay caruurta/dhallaanka da'doodu tahay 7-17

Natiijooyinka baaritaanada waxaa lala wadaagi doonaa daryeel bixiyaha, dhallaanka (sida ugu munaabsadsayan) iyo Takhasuslaha Adeega Bulshada. Baaritaanada waxaa dib-loo maareeyaa lix bilood (6) kasta. Markii ay ahayd Luulyo 1, 2014, kooxda Baaritaanka Barnaamijka Caafimaadka Maskaxda Soconaya waxay bilaabeen in ay dib-baaritan ugu sameeyaan caruurta iyo dhallaanka u yimid daryeelka marka ay tahay Janaayo 1, 2014.

Berliner, L. (2013). Jahwareerka, saameyntiisa iyo noqoshadiisa badbaade 1-19.

Franks, Robert P. Shabakada Welwelka Jahwareerka Ilmaha Qaranka. (n.d.). Sheegashada Caruurta, Ururka Qoysaska loogu talogalay Caafimaadka Maskaxda Caruurta, Mowduuc Gaar ah oo kusaabsan Jahwareerka, Dayrta 2003. http://www.nctsnet.org/sites/default/files/assets/pdfs/FINAL_ffcmh_newsltr.pdf. 5-7

Shabakada Welwelka Jahwareerka Ilmaha Qaranka. (n.d.). Xoggag loogu talogalay Waalidiinta iyo Daryeel bixiyayaasha. Lagu celiyay 08/06/2014, ee ka ahaaday dhinaca <http://www.nctsn.org/resources/audiences/parents-caregivers>

Shabakada Welwelka Jahwareerka Ilmaha Qaranka. (n.d.). Jahwareer Dhib baddan: Xaqiiqooyin kusaabsan Daryeel bixiyayaasha Lagu celiyay 08/11/2014, ee ka ahaaday dhinaca http://www.nctsn.org/sites/default/files/assets/pdfs/complex_trauma_caregivers_final.pdf

Haddii aad qabtid wax su'aalooyin ah oo kusaabsan barnaamijka Baaritaanka Caafimaadka Maskaxda Soconaya fadlan laxiriir:

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Transforming lives

DSHS 22-1591 SM (6/15)

XOGTA HAGGAHA LOOGU TALOGALAY DARYEEL BIXIYAYAASHA

Saameynta Jahwareerka iyo Baaritaanka Caafimaadka Maskaxda Soconaya

Lasiiyey Maamulka Caruurta Waaxda Adeegaha Bulshada iyo Caafimaadka oona lala waddaago Maamulka Adeega Isdhexgalka iyo Caafimaadka Dhaqanka iyo Jaamacada Washington



Muxuu yahay Jahwareer?

Jahwareerku waa facil celin jir ama dareen oo lagu facil celiyo dhacdo lajoogay ama in la arkay ilmo/dhallaan oo cabsanaya, daran, iyo/ama murugsan. Jahwareerku wuxuu ka imaan karaa xaalado kala duwan waxaana kamid ah, laakiin ayada oo aan ku ekayn:

- In aad aragtid rabsho kadhacda qoyska dhexdiisa ama bulshada
- In aad la kulantid dayacid ama kategid
- In aad tahay dhibane loo gaystay dhib jireed, dareen, ama xad gudub galmo
- Musiibooyin dabiici ah
- Waayid la waayo qof la jecelyahay muddaas oo sabab u ah shil ama rabsho

Mararka qaar marka ilmaha/dhallaanka la kulmo mid ama kabadan oo dhibaatooyin jahwareer ah inta ay noolyihiin, waxay sameynayaan ficiro ku lug leh nolol maalmoodkooda. Caruurta/dhallaanka waxay kafikirayaan waxyabo kusaabsan ama dib ugu noolaanayaan dhacdo hore ugu dhacday. Meelo gaar ah, waxyabo, codad, ur, ereyo, ama dad, u shaqeeya sida xusuusiyayaal jahwareer ama 'kiciyayaal'.

Ilmaha/dhallaanka waxaa dhici karta:

- In uu dareemo cabsi iyo ammaan daro
- In uu la kulmo calaamado murug
- In uu u muuqdo mid welwesan, murugsan, xanaaqsan, cabsada, ama ahaado mid aad u feejigan
- In uusan rabin in uu kaqayb qaato hawlahaa caadiga ah
- In uu la kulmayo isbedelo dhaqan sida in ay dhib kutahay seexashada
- In uu dareemo xanuun aan lahayn calaamado kale oo jiro ama dhaawac ah
- In uu muujiyo dhega adayg ama dhaqamo khatar ah.

Caruurta/dhallaanka waxay u facil celin karaan jahwareerka si kaladuwan ayada oo ay kutiirsantahay da'da IYO mana ahan in ilmo kasta oo la kulma jahwareer uu sameynayo calaamado jiro. Xaqiyooyinka sida da'da ilmaha, heerka koritaanka, iyo xoggag taageero ayaa saameyn kara sida ilmaha uu ula kulmo welwelka jahwareerka.



Sababaha Koritaanka muddan in laga welwelo

- Mushkiladaha jiifka
- Cabsooyin habbeen
- Cabashooyin jir
- Mashquulsan ama dhaqan Feejignaan aad u Daran
- Muujinaya dhaqan galmo laxiriira oo aan munaasab ahayn

Dhammaan Da'ooyinka:

Da'ooyinka: Dhallashada illaa xiliga socod barashada

- U ooya si joogta ah ama ay dhib kutahay dejinta
- Si guud ah u cabsada
- Kunool jahwareer inta lagu guda jiro ciyarta
- Inyar ama facil celin la'an ah marka ay guriga yimaadaan dad caan ah ama katagaan
- Dib ugu noqda heer koritaan hore

Da'ooyinka: Xanaanada illaa Da'da Dugsiga

- Mushkilado dhaqan oo dugsiga kadhaca
- Leh caddowtinimo/dagaalan ku aadan dadka kale
- Kabaqa dadka waaweyn ee uu yaqaano ama aad ula saaxiiba dadka aan garashada u lahayn
- Dib ugu noqda heer koritaan hore

Da'ooyinka: Qaan gaarka-hortiisa illaa Weynaanta-Kahor

- Dareemaya rajo la'an
- Kataga saaxiibada iyo qoyska
- Dhaqan rabsho ama xad gudub ah
- Isku dhacyada sii bata
- Dhib ay tahay maareynta doorashooyinka si loogu maareeyo qaab caafimaad leh
- Isticmaal khamro ama daroogo

Maxaad Sameyn Kartaa Si aad u Ahaatid Taageere

- Sii wad hawlahaa caadiga ah ee cuntooyinka, jiifka, ciyarta, dugsiga
- Si wadajir ah waqtii isula qaata
- Noqo dhagayste fican
- Noqo qof rumeeya oona dejija

- Bixi deegaan lasaadaalin karo adiga oo sii wada hawlahaa joogtada ah
- Hubso ammaanka iyo lahaanshaha ilmaha
- Noqo qof ay iswaafaqsanyihiin kahadalka waxyabaha dhici kara
- Kudhiiri ayaga in ay cayaaraan ama kahadlaan dareemahooda iyo fikradahooda

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- Sii jawaabo fudud oona macquul ah marka ay su'aal kuweydiyaan
- U xadid xuduudo aan adkayn balse sugar 'matalida dhaqanka
- Yaree matalaada teleefishanka, filimada, iyo fiidiowyada ciyaaraha

- Kudhiiri in ay kala hadlaan jahwareerka xirfadlayaal ama qof ay ku kalsoonyihiin
- Uga jawaab su'aalaha si toos ah
- Kudhiiri kaqayb galka hawlahaa joogtada ah
- U xadid xuduudo cad
- Sheeg dhaqanka aan taxadarka lahayn